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Women's Health Week ~ May 14-20, 2006

What is National Women's Health Week

Women's Health Week is a national effort to raise awareness about manageable steps women can take to improve their health. The focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life, and to encourage awareness about key health issues among women.

When is National Women's Health Week

The 7th annual National Women's Health Week is from May 14-20, 2006. The week will start on Mother's Day, a time when there is much attention being focused on women, and end on the following Saturday.

Who participates in National Women's Health Week

National women's groups, local and national health organizations, businesses, social service agencies, and others will participate in a national education campaign aimed at increasing awareness to make women's health a top priority. The ultimate goal of National Women's Health Week is to build momentum and increase involvement that will lead to healthier women and a healthier America.

The Arizona Plan

In 2005, the Governor's Office for Children, Youth and Families, Division for Women collaborated with the Department of Health Services to plan a variety of activities in communities around the state. Hospitals, tribal health agencies, universities, county health departments, community health centers, and community service agencies hosted health screening expositions, support groups, lectures, educational events, book discussions, and provided information and referral services.

In 2006, educational events and health screening expositions are again being planned around the state. On May 15 the Governor's Office for Children Youth and Families, Division for Women, and the Department of Health Services will host a learning lunch and a health screening exposition at the Capitol. Organizations will provide screenings and information on issues such as heart disease, physical activity, stress management, diabetes, oral health, cancer, high blood pressure, preconception health, cholesterol, and osteoporosis.

Partners

Governor's Office for Children, Youth and Families, Division for Women; Arizona Department of Health Services; ASU College of Nursing; Maricopa County Health Department; Blue Cross Blue Shield of Arizona; Arizona Association of Community Health Centers, the U of A National Center of Excellence in Women's Health; and Yavapai County Community Health Services.

For more information on Women's Health Week please contact us at:

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